

Hurricane Katrina Preventive Medicine Soldier Tip Card

- ▶ The two greatest risks to your health are gastrointestinal diseases (nausea, vomiting, diarrhea) from contaminated food and water, and heat injury.
- ▶ Consume food and water only from approved sources.
 - Consult with unit Field Sanitation Team members or Preventive Medicine assets for approved sources.
- ▶ Water disinfection for drinking purposes will not remove chemical contamination from flood waters. Do not drink.
- ▶ After cleaning with soap and water, disinfect floodwater contaminated surfaces with a bleach solution: ¼ cup bleach per gallon of tap water.
- ▶ The health effects of heat are cumulative. Consider the heat category on the prior three days when utilizing work/rest cycles. Drink water frequently but do not exceed 1.5 quarts per hour. Eat all meals. This is not a time to diet.

- ▶ Human and animal remains do not pose a disease threat for people not directly involved with recovery.
- ▶ For workers who handle human remains:
 - Protect face from splashes of body fluids
 - Wear a cut-proof inner layer glove and latex or similar outer layer
 - Wash hands immediately after removing gloves
 - Receive prompt care for any wounds
 - Participate in available programs providing psychological and emotional support
- ▶ Beware of hazards hidden beneath the water's surface.
- ▶ Avoid unnecessary contact with flood waters, wash hands at every opportunity, and seek medical care for any injury.



U.S. Army Center for Health Promotion and Preventive Medicine

(800) 222-9698 / DSN 584-4375 / (410) 436-4375

<http://chppm-www.apgea.army.mil/>